



National Aeronautics and Space Administration
Goddard Space Flight Center
Wallops Flight Facility, Wallops Island, Virginia

Inside Wallops

Volume XX-04

Number 13

April 26, 2004

Earth Day Celebration -- April 22

From a Hybrid Car to Snakes and Sea Life It was a Great Day!



Wallops Shorts.....

Ed Parrott and Caroline Turner took part in the Earth Day Meet at Pemberton Park Elementary School on April 20.

David Lassiter, NASA Electrical Engineering Branch, was a judge for the Eastern Shore Science Fair held at Eastern Shore Community College on April 24.

Henry Cathy, Physical Science Laboratory, New Mexico State University (NMSU); Craig Stallings, Computer Sciences Corporation; and Magdi Said and Bernice Merritt, NASA Balloon Program Office participated in a Open House at the Suborbital Center of Excellence at NMSU on April 20. In addition to students from NMSU, Auburn University and Colorado Space Grant Consortium, approximately 600 middle and high school students from the local area attended.

Photos by Betty Flowers



It's Spring Celebrate By Walking!

Fitness walking gets the body out doors, relaxes the mind, restores the soul, strengthens bones and works the heart aerobically.

Advantages of walking:

- Proper shoes are the only equipment needed.
- Can be incorporated into ordinary routines.
- Less stress on joints than jogging.
- Injuries from walking are rare.
- Scenery can be enjoyed.
- Walking is less exhausting than running, especially in hot weather.
- Walking at an optimum pace can raise the heart rate to a target zone for ideal cardiovascular conditioning.

Join the lunch time bunch, walk for your physical and mental health!

Upcoming Training
Retirement Planning Workshop
Civil Service -- CSRS/FERS
June 16-18
9 a.m. - 4 p.m.
Building E-2 Training Room

Description

Workshop topics consist of CSRS/FERS, FEGLI, FEHBP, Disability, Deposit/Redeposit; TSP, Annual/Sick Leave, Annuity Calculation, Best Date to Retire, COLA's, Survivor Benefits, etc.

CSRS/FERS Employees who are 3 - 5 years from retirement or retirement eligible and their spouses should attend. For more information visit: <http://ohrcoursecatalog.gsfc.nasa.gov/search/description.cfm?course=981>

Cinco de Mayo Celebration
Lotsa Food, Drink Specials
May 5
Building F-3
4:35 p.m. until

EAP LUNCH & LEARN

Happiness and the pursuit thereof: What does it mean and how do we achieve this lofty goal, but simple state of feeling?

Bring your lunch and join Tom Northern, Employee Assistance Program counselor, Tuesday, April 27 in the Williamsburg Room, Building E-2, from 11:30 a.m. to 12:30 p.m.

Inspire the Next Generation - Take Our Children to Work



Photo by Berit Bland

NASA Wallops Flight Facility, the Navy Surface Combat Systems Center, NOAA, the U.S. Coast Guard and The National Wildlife refuge Service joined forces on April 22 to provide students an opportunity to see women and men working together in professional work environments and exposed them to various careers in the Federal Government.

Approximately 90 students from the Eastern Shore of Maryland and Virginia in 4th through 12th grades visited the various facilities and took part in various activities and workshops. One popular activity was building and launching model rockets (above).

Thanks to Ed Parrott, NASA Public Affairs Office, Teacher-on-Loan, for chairing this year's event as well as the Federal Woman's Program and numerous volunteers who helped coordinate the activities and the parents and sponsors for participating with their children.

May Events at the NASA Visitor Center

1 p.m., Saturday, May 1

Model Rocket Launch

A model rocket launch will be held at the Visitor Center. The launch will be canceled if it is raining or winds exceed 18 mph.

1 p.m., Saturday, May 8

"Kite Flight"

Learn all about the kites and how they fly! The kids will build and fly their own sled kite. The program lasts 45 minutes.

1 p.m., Saturday, May 15

"Eye on the Ocean"

With the use of satellites, we can obtain a better than "birds-eye" view of Earth's oceans. During this 30-minute program, students will discover our blue planet in a new light.

1 p.m., Saturday, May 22

"Earth Image Bingo"

Discover NASA's involvement in helping us understand and protect our

home planet through a fun and interactive game of bingo. This program lasts 40 minutes.

1 p.m., Saturday, May 29

"Up, Up and Away"

NASA uses balloons to carry scientific experiments to the fringes of space. In this 30 minute program, children will learn about scientific balloons and make their own balloon assembly to lift cargo.

For further information call Deanna Shreves on x1148.

Inside Wallops is an official publication of Goddard Space Flight Center and is published by the Wallops Office of Public Affairs, Extension 1584, in the interest of Wallops employees. Recent and past issues of *Inside Wallops* also may be found on the NASA Wallops Flight Facility homepage: www.wff.nasa.gov

Editor

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